



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

February 2023 Issue 146

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, Feb. 1st
6:00 - 7:30 pm (Zoom option)

Young Cancer Survivors

For those in their 20s, 30s, and 40s
Offered in partnership with Mercy Health
TVC@PERRYSBURG
Thursday, Feb. 2nd
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, Feb. 8th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, Feb. 8th and 22nd
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, Feb. 13th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, Feb. 15th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, Feb. 14th and 28th
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, Feb. 28th
6:00 - 7:30 pm

Art Therapy for Teens

For adolescent family members ages 13-18,
of those affected by cancer
Wednesday, Feb. 22nd
6:00 - 7:30 pm



NEW PROGRAM! Coming March 2023!

TVC Garden Club



Whether you're a seasoned gardener or a beginner looking to learn more, TVC's Garden Club is an opportunity to learn and grow with friends!

INFORMATIONAL MEETING: WED, FEB. 15th @ 4:00pm RSVP

Healthy Spirit

Mended Heart Mosaic Friday, February 10th 10:00am - 12:00pm

In this art therapy session, you will create a grout-less mosaic "mended heart" using pieces of old plates or pottery, beads, and scrap glass. Please bring a plate or bowl to be broken. You can also bring your own embellishments to personalize your creation. Embellishments may include, but are not limited to vintage/costume jewelry, beads, broken tiles, and seashells. Finished pieces are around 6 inches in size. Please wear old clothes or bring an art smock/shirt. **RSVP**



Watercolor Doodles Thursday, February 16th 5:00pm - 7:00pm

In grade school, when the students were done with their work, we could go to the art center and make "THUMBUDDIES". They were fingerprints made into people or creatures and I LOVED them! So, this will be the grown up version - "watercolor doodles" made from dots or spots of color. Lots of ideas and inspirations will be offered. Let your inner child have some fun, be playful and creative! Please wear paint shirt or old clothes. **RSVP**



Creating a Relationship with Your Plant Medicine Friday, February 17th 12:00pm - 1:00pm

An experience for those who use cannabis medicinally. Explore different aspects of the plant medicine Cannabis. Cannabis as a spiritual ally, guidance on creating a personal ceremony, setting an intention with the spirit of cannabis, gentle body awareness movement, breath work, meditation and suggestions for integration after your ceremony.

no consumption within the center, please take the spirit of this circle home for your personal experience. Facilitated by Lisa Rasey, LMT. **RSVP



Art Therapy

Areka Foster, Art Therapist

Acrylic Painting Monday, February 6th 10:00am - 12:00pm TVC@Perrysburg

In this art therapy session, we will be creating an acrylic painting. You can bring your own inspiration or get inspired by Valentine's Day, connection, and friendship. Please wear paint shirt or old clothes. **RSVP.**



Velour Paper Drawing Monday, February 20th 10:00am - 12:00pm TVC@Perrysburg

Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels and the colors pop creating a bright and bold image. Bring your own ideas to draw. Try your hand at creating a mandala or a colorful seasonal scene. Please wear old clothes or an apron/art shirt. **RSVP**



Art Therapy Open Studio TVC@Toledo Thurs, Feb. 9th 3:00pm - 4:30pm

Participants choose their desired art medium and work at their own pace. Bring a project from home or start something new. **RSVP.**



Houseplants with Hattie: Fairy Gardens Tuesday, February 7th 5:00pm - 6:30pm

Fairy Gardens offer an enchanted space to develop creativity and imagination. Making a fairy garden is a great way to begin learning the basics of gardening and plant care. Join us and learn how to make & maintain your own. Please bring your own container— it could be a glass bowl, ceramic pot, or anything that will hold soil and water! Participants are also encouraged to bring a special or sentimental trinket for a one-of-a-kind Fairy Garden. We will provide the rest. Facilitated by Hattie Lykowski, TVC staff. **RSVP**



WEATHER ALERTS:

To receive messages via EMAIL:
send an email to: tvcp@mail.remind.com.
You will receive an instant email reply asking for you to confirm your email.
After you do that, you are all set up!

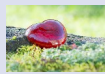
To receive messages via TEXT:



text @tvcp to
(419) 931-6739
To opt out of
messages, reply:
"unsubscribe @tvcp"

Walking with Nature Thursday, Feb. 2nd 2:00pm - 3:30pm

Fall in love with nature!
Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. RSVP. Meet/park at TVC@Toledo.



Card Stamping Thursday, Feb. 2nd 10:00am - 12:00pm TVC@Perrysburg

Create a variety of homemade cards with avid stampers, Pat & Pat! Facilitated by Pat Szymanowski & Pat Piper. RSVP.



Friday March 10th 11:00am - 12:00pm

Book: Midnight Library by Matt Haig
Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices. Would you have done anything different, if you had the chance to undo your regrets?

Hypnotherapy: Offered in a small group setting Thursday, Feb. 23rd 5:00pm - 6:00pm

Your teacher/guide: Robert Bremer, Certified Master Hypnotherapist. RSVP.



Tickets go on sale

January 23rd. Purchase here:

<https://thevictorycenter.ejoinme.org/glitter2022>

Fight Back with Nutrition—At both locations!

- Are you in treatment and have questions about what to eat?
 - Are you a survivor who would like nutritional information to maintain your health?
- Meet in a casual, small group setting to learn how your nutrition can help you with your cancer journey and wellness goals.



Friday, February 10th "Taste and Smell Changes" 10:00am - 11:30am TVC@Toledo

Facilitated by Kelly Houk/Marina Sedlar, Clinical Dietitians. Sponsored by ProMedica

Quarterly: Next Class April 2023 11:00am - 12:00pm

TVC@Perrysburg

Facilitated by Kristen McDougale, Clinical Dietitian
Sponsored by Mercy Health

Aromatherapy Consultation w/ Deb Reis RN, MSN Certified Clinical Aromatherapist Sponsored by ProMedica

Wednesday, February 1st & 15th "Love Potion Spritzers" 1:00pm - 2:00pm TVC@Toledo



Discuss the benefits of aromatherapy for those with cancer with a Certified Clinical Aromatherapist. Learn to identify therapeutic-grade essential oils and their properties, and how they can be integrated into your health practices.

Valentine's Gnomes Monday, February 6th 10:00am - 12:00pm

Create and sculpt adorable valentines gnomes to adorn your home or to give away. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP



Painting a Heart Monday, February 13th 10:00am - 12:00pm

Just in time for Valentine's Day... A beautiful red heart will be created using acrylic paints on canvas. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP



Soul Care "Moxie, Grit, Guts, Spunk" Friday, February 17th 1:00pm - 2:30pm

We'll explore boldness, fortitude, and tenacity using meditation and group discussion. Facilitated by Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP



Line Dancing Friday, Feb. 10th Friday, Feb. 24th 1:00pm - 2:00pm

Join us and learn to line dance. It's fun and great exercise! Facilitated by survivor Mary Leugers, line dance instructor. RSVP



Art Therapy for Teens Wednesday, Feb 22nd 6:00pm - 7:30pm

The Victory Center is excited to offer this group for adolescent family members of cancer patients and survivors! Expressive art therapy groups are a perfect way to allow teens to explore difficult thoughts and feelings through various artistic mediums. Every 4th Wednesday of the month. Facilitated by Kayt Harden, Art Therapist. RSVP.



Aromatherapy Consultation w/ Patti Leupp RN, CRNA Certified Clinical Aromatherapist Sponsored by Mercy Health

Wednesday, February 8th "Beating the Winter Blahs & Blues" 3:00pm - 4:00pm TVC@Perrysburg

Brow Workshop Monday, February 6th 3:00pm - 4:00pm

Want to learn how to create professional looking eyebrows using makeup? Ashley will teach you how to measure your brows & apply product. You will learn simple techniques to create beautifully sculpted brows and use the demonstrations to create your own daily brow routine. Facilitated by Ashley Molnar, Licensed Esthetician.



Arm Knitting Tuesday, February 21st 2:00pm - 3:00pm TVC@Perrysburg

Beginners welcome! Join us to learn a fast and easy method to knit an infinity scarf using just your arms! Kimberly Rosinski will provide a fast and easy tutorial. An hour is all you'll need to create your very own scarf. Yarn is provided. RSVP



Fundamentals of Zentangle Friday, Feb. 24th 10:00am - 12:00pm TVC@Perrysburg

Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how to shift your state of mind towards relaxation and inspiration. Zentangle art is usually abstract and not focused on a scene, object or person. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP



Tangle & Talk Tuesday Feb. 28th 12:00pm - 1:00pm

Fundamentals of Zentangle required first. Want to learn more patterns and share ideas? Attend with other enthusiasts and be ready to pick up more skills. Bring your own supplies and completed work. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP





THE VICTORY CENTER
Reaching out to cancer patients & their families.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Pink Ribbon 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	2 10:00 Card Stamping 1:30 Chair Yoga 2:30 Group Meditation 2:00 Walking with Nature 5:30 Yoga Nights 6:00 Young Survivor SG	3 NO CHAIR YOGA	4
5	6 10:00 Acrylic Painting 10:00 Valentine's Day Gnomes 10:30 Yoga 3:00 Brow Wrksp 6:00 Blood Cancer SG	7 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:00 Fairy Gardens	8 10:00 Pink Ribbon 10:00 Wig Bank 10:00 Brows w/ Ashley 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Aromatherapy 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	9 1:30 Chair Yoga 2:30 Group Meditation 3:00 Art Studio 5:30 Yoga Nights	10 10:00 Chair Yoga 10:00 Heart Mosaic 10:00 Nutrition 1:00 Line Dancing	11 10-12 Wig Bank 10:00 Wig Tips
12	13 10:30 Yoga 10:00 Painting a Heart	14 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	15 10:00 Pink Ribbon 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 4:00 Garden Club 5:00 Aquatic Exercise 6:00 Men's Cancer SG	16 1:30 Chair Yoga 2:30 Group Meditation 5:00 Watercolor Doodles 5:30 Yoga Nights	17 10:00 Chair Yoga 12:00 Plant Medicine 1:00 Soul Care	18
19	20 10:30 Yoga 10:00 Velour Paper Drawing	21 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Arm Knitting	22 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Teen Art Therapy	23 1:30 Chair Yoga 2:30 Group Meditation 5:00 Hypnotherapy 5:30 Yoga Nights	24 10:00 Chair Yoga 10:00 Zentangle Fundamentals 1:00 Line Dancing	25
26	27 10:30 Yoga	28 10:00 Healthy Steps 11:00 Knit Wits 12:00 Tangle & Talk 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG				

TVC@Perrysburg~Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551

TVC@ToledoOH~3166 N. Republic Blvd, Toledo, OH 43615

RSVP REQUIRED
Call 419-531-7600



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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Toledo, OH 43615

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Aquatic Exercise Program Every Wednesday 5:00pm - 6:00pm



This free, weekly exercise class is held at the Central Park West Health Center's (NOMS) heated pool, and is for cancer survivors only. **You must be a registered participant at TVC to participate.** Pre-registration required. please call Hattie Lykowski at TVC to get instructions for online registering.

INK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

Wednesdays Jan. 25th, 2023 - Mar. 1st, 2023
10:00am - 11:00am In-person only

PR is a Pilates-based, post-operative exercise program to help breast cancer survivors regain mobility & improve quality of life. Intended to help improve strength, range of motion, and sense of wellbeing. Participants must register for the entire 6 weeks. Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist. **New participants must fill out forms and get your band and booklet from the front desk before the first class.** RSVP.

Search "The
Victory Center"

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Get the latest news...
on events, programs, cancer topics and
inspirational messages!

Exercise Programs for All Survivors!

- ◆ Yoga (regular) Mon- 10:30-12pm
Tues- 12:30-1:30pm
Thurs- 5:30-7pm



Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Involves some floor positions; mats are provided. Led by Certified Yoga Instructors, Mike Zerner or Caroline Dawson.

- ◆ Healthy Steps Tues- 10-11:00am
Wed- 1:30-2:30pm



Healthy Steps is a gentle exercise which moves the lymph system, using music and props. Can be done standing or seated. Led by Sandy Witt, Certified & Licensed in Lebed Method.

- ◆ Nia Fitness Wed- 11:30-12:30pm



This type of movement connects body, mind, and spirit, and helps to release tension and emotions, making room for healing & balance. Led by RN Deb Reis, Certified Nia Instructor.

- ◆ Chair Yoga Thurs- 1:30-2:30pm
Fri- 10:00-11:00am



Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson or Lisa Rasey.

- ◆ Guided Meditation Thurs- 2:30-3:00pm
Led by Caroline Dawson, following chair yoga.

The Wig Bank



Wigs are FREE, and are brand new or are donated & gently used. Survivors are here to help with fittings and practical advice. Complete a simple registration form to receive a wig. Please call Sandy at 419-531-7600 for more information. One wig per person per calendar year. Appointment is needed. **Wig Tips & Trims, 2nd Saturday 10-12, call for appointment.**

Wig Bank:

➤ 2nd & 4th Wednesday and
2nd Saturday each month.

➤ Held at our PERRYSBURG Office



Brow Consultations with Ashley!

Want to learn how to create professional looking eyebrows using makeup? Meet with licensed esthetician Ashley Molnar for a brow consultation. Ashley will teach you how to measure your brows & apply product.

Consultations are 20mins in length and by appointment only. Call 419-531-7600 to schedule!

Every 2nd Wednesday 10am—12pm

➤ Held at our PERRYSBURG Office